

Yoga & Yogilates

For Ages 14+

Paula's **Yoga** classes will get you energized while building strength and flexibility! These classes link breath and movement while keeping you present as you move gracefully in and out of poses.

If you can't decide between Yoga and Pilates or simply don't have enough time in your week for both classes, **Yogilates** gives you the benefits of Yoga and Pilates in one class. This class will integrate the core strengthening of Pilates, with the breath work of Yoga poses, leaving you in an energized, yet peaceful state of being.

Want more? **Yoga Plus** classes combine Paula's Tuesday and Thursday Yoga classes with her Saturday Yogilates class at a discounted rate!



Program	Days/Times	Dates	Fee	Code
Yoga	Tue / Thur 7:00 pm – 8:00 pm	6/13-7/25 No Class 7/4	\$75R / \$94NR	414662 A1
		8/1-9/7	\$75R / \$94NR	414662 A2
Yogilates	Sat 9:00 am – 10:00 am	6/17-7/22	\$60R / \$75NR	414664 A1
		8/5-9/9	\$60R / \$75NR	414664 A2
Yoga Plus	Tue / Thur 7:00 pm – 8:00 pm & Sat 9:00 am – 10:00 am	6/13-7/25 No Class 7/4	\$90R / \$113NR	414662 B1
		8/1-9/9	\$90R / \$113NR	414662 B2

Location:	Wellington Community Center (561) 753-2484 12150 Forest Hill Blvd
Instructor Contact:	Paula Bruce: 561-762-9096 - paulajbruce@aol.com
Special Notes:	*No class: July 4. Bring your own mat, towel, & water. Some equipment is available for use. It is recommended you bring weights & blocks.



REGISTER ONLINE*

You can register for most programs online at:
www.wellingtonfl.gov/webtrac

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

First time participants must register in-person to establish a household in our system. **Proof of residency and age required. Not all programs available for online registration. Visit wellingtonfl.gov/activityregistration for more info.*

Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2nd class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Chris O'Connor at (561) 612-6697, at least two weeks prior to the begin date of the program or class.

